



Can you estimate how many calories you consume in a day?

Click the link below to find out more!

http://www.eatright.org/Public/NutritionInformation/index_17973.cfm

For more information about this or other healthy weight management topics, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW Community Website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

Shape Your Future... Your Weigh!™